

## Designing Interventions Using the Stages of Change: Action

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The Process of Change model  
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### Stage of Change: Action

*The person has developed and implemented change plan and has changed target behavior. Change is not yet stable, so change plan requires ongoing adjustment and modification in order to integrate change. The person has made change for less than six months.*

**Stage-specific task:** *Implement change plan, modify plan as needed and develop new behaviors and attitudes conducive to change.*

### Action

#### **Stage-Specific Characteristic**

Stability	LOW
Commitment to change	HIGH
Self-Efficacy/Confidence	MOD/HIGH
Temptation	MOD/LOW
Help Seeking	HIGH
Information Seeking	MODERATE
Decisional Balance	
<i>Pros for change</i>	SEVERAL
<i>Cons for change</i>	SOME

### **In order to Transition from Action:**

*Continue to improve/modify change plan and develop confidence (Self-efficacy) around change behavior*

### Stage-Specific Processes of Change

**Stimulus Control:** *Avoiding cue and triggers associated with target behavior and those that actively practice target behavior.*

**Reinforcement Management:** *Rewarding self or being rewarded/acknowledged by others for avoiding target behavior and for developing positive healthy behaviors.*

**Counterconditioning:** *Alternative coping strategies are used to cope with temptation for target behavior; creating new response sets*

### Stage-Specific Motivational Strategies

- Engage the person in treatment and reinforce the importance of remaining in recovery
- Support a realistic view of change through small steps and the "Process of Change"
- Acknowledge difficulties for the person in early stages of change
- Help the client identify high-risk situations through a functional analysis
- Develop appropriate coping strategies to overcome barriers to change
- Assist the person in finding new reinforcers/rewards for positive change
- Help the person assess appropriate family and social support to enhance change plan

### Stage-Specific Interventions

- Trigger management, reward/contingency management, role playing, overt/covert reinforcement, environmental restructuring,

Sources: Information adapted from TIP 35: Enhancing Motivation for Change, KAP KEYS TIP 35, DiClemente (2003) *Addiction & Change*, and Prochaska, et al. (1994) *Changing for Good*.